



Public Health
Prevent. Promote. Protect.

**Fond du Lac County
Health Department**

Fond du Lac County Health Department

Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.



What's in the News?

Stay Healthy During

Influenza Season!

As we begin the New Year, we also are approaching the time when seasonal influenza cases usually are on the increase. Even though the influenza season is here, it is not too late to get vaccinated. Vaccine is readily available at most healthcare providers, many pharmacies; and at the Health Department.

Influenza is a respiratory illness with symptoms that can include fever, cough, sore throat, runny nose, body aches, head ache and fatigue (feeling very tired). Influenza is spread when an infected person coughs sneezes or talks. Influenza can also be spread by touching a surface or object that has influenza virus on it and then touching their mouth, eyes or their

nose.

People with influenza can spread the disease to others one day before symptoms develop and up to five to seven days after becoming sick. If you are one of those people who “never get the flu shot,” it is still really important to get vaccinated. By vaccinating yourself, you are ultimately protecting everyone around [yourself](#).

Vaccination is especially important for children, adults 65 and older, pregnant women and people with asthma (even

if it's controlled or mild), diabetes, and other chronic medical conditions. It is also very important for those who live with or have contact with anyone in these groups to also be vaccinated with particular emphasis on those who have contact with children younger than six months of age. They are at highest risk of influenza-related complications but are too young to receive influenza vaccine. [Click here](#) to read how to protect yourself and others around you!



Women, Infants, and Children (WIC)

WELCOME, KARA!

WIC is happy to welcome Kara Kerrigan, RD, CD, CLC as the newest staff member. She is a graduate of Viterbo University, La Crosse and has recently obtained her Certified Lactation Counselor certificate. Kara is replacing Cheryl Callis who retired after serving WIC families for over 27 years. We will miss Cheryl and her breastfeeding expertise. The WIC staff has extensive breastfeeding knowledge and is here to support



Maternal Child Health News

What's **APP** in Maternal Child Health?

In today's world of social media and electronics at our fingertips, getting information about your pregnancy and parenting is as easy as downloading apps, many of which are free.

Pregnancy Apps:

Free—

BabyCenter



What to Expect



OVIA



\$1.99

The Wonder Weeks



\$3.99

Baby Bump Pro



Parenting Apps:

WebMD Baby

WebMD Baby app allows you to track your baby's development and get trusted advice



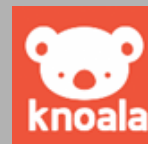
My Baby Today

Support, advice, reminders, and reasons to laugh. This app helps you parent through your baby's first year



Knoala

Baby & Kids Activities. Knoala offers thousands of fun, expert approved, development-boosting activities for infants to pre-school



Sprout Baby

This app allows you to track your baby's growth and development milestones



Dental News

Dental 'insurance' not required

It is an unfortunate common occurrence that people don't see a dentist because they don't have insurance. A dental benefit plan or "dental insurance" is **not required** to see a dentist.

Can't get dental insurance coverage through your employer? You may be tempted to skip dental cleanings and other treatments. **DON'T!**

Good basic care lowers your risk of suffering a major, expensive problem in the future.

There are three ways to approach dental care if you don't have employer-based coverage - purchase your own private insurance, opt instead for a discount plan or simply pay for services out of pocket as you need them.

Before going coverage-free, carefully review the cost of a dental benefit plan and add up

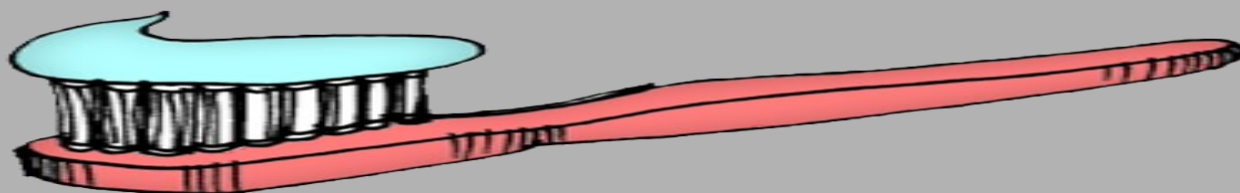
the costs of routine services you and your family would likely need in a year, such as cleanings and x-rays, and comparing them to the out-of-pocket costs of dental services in your area. Every office has their individual set fees, which often change yearly. Do your research! If you're a single adult and you're in good dental health, it may be unlikely that private



insurance is worth it, after doing the math. It may make more financial sense to pay out-of-pocket for dental care than to pay a monthly premium.

If you do forgo coverage and a problem arises, use your lack of insurance to try to negotiate lower fees with your dentist. Find a dentist you trust, explain to them that you don't have insurance, and then see if you can work out an agreement for a lower rate on services. Do not be afraid to ask questions!

Dental offices can help patients make their oral health a priority with treatment plans and payment options: Cash, check, debit card, personal credit card, patient credit agreements, third-party financing plans and/or installments (usually reserved for long-term patients who the dentists know well). Regular exams, X-rays and preventive care protect against advanced dental disease, saving individuals pain, dollars and time in the dental chair over the long term.



Tobacco News

Smoking Prevalence is Much Higher Among People with a Mental Illness.

The National Alliance on Mental Illness defines mental illness as a condition that impacts a person's thinking, mood, or feeling that may affect his or her ability to relate to others and to function on a daily basis. It is reported that 45.7 million American adults have some form of

mental illness; 1 out of 3 of these adults reported smoking. The following are some of the CDC vital signs:

~ People with serious mental illness die 20-24 years younger than the general population due largely to conditions caused or worsened by smoking.

~ About 3 out of 10 cigarettes (31%) are smoked by someone with a mental illness.

~ More than 1 in 3 adults (36%) with a mental illness smoke cigarettes, compared with about 1 in 5 adults (21%) with no mental illness. (CDC)

The good news is recent research has shown that, like other smokers, adults with mental illness who smoke want to quit, can quit, and benefit from proven stop-smoking treatments. For more information from the CDC report on smoking and mental illness visit: <http://www.cdc.gov/features/vitalsigns/smokingandmentalillness/>.

For quit resources visit:

www.helpusquit.org.

Source: National Survey on Drug Use and Health, 2009-2011, Adults ages 18 or older

Source: MMWR / February 5, 2013 / Vol. 61 7

Environmental News

Ring in 2016 in a healthier home!

[CLICK HERE!](#)



Pneumonia Vaccines for Adults

Pneumovax 13 (or PCV13) is currently recommended for all adults age 65 and up to help protect against 13 types of pneumonia causing bacteria.

The current adult recommendations also include a dose of Pneumovax (or PPSV23) to be given 1 year **after** receiving the Pneumovax 13.

The above vaccines may also be recommended for adults **under** the age of 65 who have certain underlying medical conditions and/or who are smokers.

Pneumonia vaccines can be given at anytime throughout the year, and unlike flu vaccines are **not** seasonal.

For questions regarding the spacing or timing of the adult pneumonia vaccines, please consult your health care provider or the Fond du Lac County Health Department at 920-929-3085.

Emergency Preparedness

